



Marines from Headquarters and Service Battalion, Marine Corps Base attending the two-week-long Corporals Course don their blues for inspection as they learn more about their responsibilities as a non-commissioned officer. See story and photos on pages 10-11.

July 13, 2001

Camp Smedley D. Butler, Okinawa, Japan

www.okinawa.usmc.mil

INSIDE

NEWS

3/12 Marines deploy to Ojohihara for live-fire

The Marines of 3rd Battalion, 12th Marine Regiment leave Okinawa for Ojohihara, Japan, where they will conduct a month-long Artillery Relocation Exercise. The 210 Marines conduct training to maintain unit readiness.

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NEWS

MPS: free mail between Europe and Pacific

Mail sent through the Army and Air Force Military Postal Service between European and Pacific theaters is now free. Items previously sent MPS could only be sent to other location within the same region.

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FEATURE

JWTC caters to service members islandwide

Marines, sailors and soldiers from support jobs recently trained at the Jungle Warfare Training Center. The training opened the eyes of the newly dubbed jungle warriors to the ground combat side of the workplace.

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FEATURE

Wives' Center offers American-style amenities

The Wives' Center offers military spouses, especially those living off-base, many American-style amenities they can't find in Okinawan homes or communities. It also gives the ladies a place to meet and interact.

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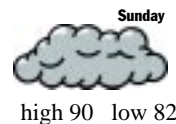
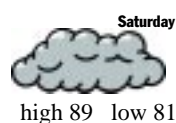
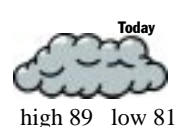
LEISURE

Free water aerobics classes help athletes stay cool

Staying cool while exercising can be difficult outside an air-conditioned building, but Marine Corps Community Services offers a solution with its free water aerobics classes.

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III MEF leases high-speed vessel

Transport will move Marines, equipment to training sites

CONSOLIDATED PUBLIC AFFAIRS OFFICE

CAMP BUTLER – The Austal Westpac Express, a diesel-powered, waterjet-configured catamaran, arrived at Naha Military Port Wednesday where it will berth for the next two months while III Marine Expeditionary Force tests the ship's capabilities to transport troops, vehicles and equipment to off-island training sites.

III Marine Expeditionary Force leased the Westpac Express for the next two months during which time "we will demonstrate the HSV's military utility," said Col. Michael Godfrey, III MEF G-4 and project officer for this experimental program.

The Westpac Express, better known as a high speed vessel or HSV, is a hybrid (Roll-on/roll-off passenger ferry/Cargo freighter) vessel. This vessel is capable of transporting large numbers of Marines, vehicles and equipment at a considerable savings in time when compared to using military and commercial aircraft. Currently, III MEF relies heavily on Air Mobility Command strategic airlift support in order to transport Marines to training sites in the Asian-Pacific Region.

The Westpac Express, which can travel at speeds of more than 40 knots, is 331 feet long and has two vehicle and cargo decks with a combined 33,000 square feet of storage space. The ship's upper deck accommodates nearly 1,000 passengers in airline-style reclining seats. The ship has no berthing for passengers, only for crew.

"During this test period we will deploy and redeploy approximately 900 Marines and about 40 vehicles from 3rd Marine Division to Camp Fuji," said Air Force Maj. Ernie Weber, strategic mobility officer, III MEF G-4. "Also, if we can work through the logistical issues associated with a redeployment of Marine Corps aviation units from Guam to Marine Corps Air Station Iwakuni and Okinawa, we'd like to try that as well. The rest of the time we will be conducting static-load training for III MEF units and a lot of data collection."



COURTESY PHOTO

III Marine Expeditionary Force has leased this Austal Westpac Express to test the ship's troop, vehicle and equipment transport capabilities. The ship arrived Wednesday at Naha Military Port.

"HSVs have been safely transiting waters all across the globe for more than 10 years," Weber said. "This is not a new technology or an experimental vessel. For example, the Royal Australian Navy was very successful at using a high-speed catamaran in real-world operations supporting the International Force East Timor mission."

The HSV will result in a sizable reduction in the number of aircraft flights into and out of Kadena Air Base. The HSV would decrease the noise impact on the communities surrounding Kadena Air Base. Over the course of a typical year, more than 200 flights transit Kadena Air Base in support of III MEF off-island training.

The HSV can move nearly 1,000 Marines and 230,000 kilograms of equipment in a single load. If III MEF were to use aircraft to move this same number of Marines and equipment it would require 14 to 17 military aircraft spread out over a 14- to 17-day period in and

out of Kadena. III MEF's primary benefit will be in total in-transit days saved over using airlift alone. This savings in time allows for more training days away from Okinawa.

Another significant benefit is a decrease in road travel by military trucks and buses in the more congested southern portion of Okinawa in and around Naha. Currently, Marine Corps personnel and equipment must travel on Okinawan roads in order to get from Camps Schwab and Hansen to meet their flights out of Kadena Air Base and to load ships at Naha Military Port. The loading port for the HSV will be Kin Red Pier (Marine Corps pier adjacent to Camp Hansen) as the primary loading and unloading point. The use of Kin Red Pier will reduce the amount of vehicle traffic in the more congested southern portion of Okinawa in and around Naha.

The HSV will be berthed at Naha Military Port.

Okinawa officer laid to rest



Chief Warrant Officer Eduardo E. Murillo, of Marine Aircraft Logistics Squadron-36 was buried with full military honors July 6 at Riverside National Cemetery, Calif.

Murillo, 40, of Brooklyn, N.Y., died June 25 after suffering a heart attack during a physical fitness test run at Marine Corps Air Station Futenma.

He enlisted in the Marine Corps Oct. 16, 1979 as an aircraft mechanic and eventually became an aircraft maintenance officer. He served in Desert Storm and Desert Shield.

He is survived by his wife, Aurora; four sons, Paulo, Jonathan, Brandon and Aron; mother and father, Manuel and Edna Murillo; and two sisters, Susanna and Carolyn.

Memorial services for Murillo were held at the Camp Lester chapel June 27.

Report traffic violations at 645-7441/7442

Drinking, driving policy toughened

SGT. STEPHEN L. STANDIFIRD
COMBAT CORRESPONDENT

CAMP FOSTER — Personnel assigned to Marine Corps Bases Japan who are charged with Driving Under the Influence or Driving While Intoxicated face stiffer penalties under the revised regulations that took effect June 8.

Persons affected by the change include all active duty military, Department of Defense civilians, U.S. government contractors and their family members on all Marine Corps bases in Japan.

Those involved in alcohol-related infractions will lose driving privileges as a result of the new order, according to Carl D. Hodges, traffic court administrator, Office of the Inspector, Camp Butler.

"Prior to this change, Marine Corps Bases Japan Order P11240.1B directed offenders to serve suspension and revocation terms when found guilty of offenses," he said. "For example, when a person was guilty of DUI, that person served a six month suspension of driving privileges. Now, a person who is guilty of DUI will be awarded the same six-month suspension; however, an additional order will be issued. That order will state the individual has forfeited driving privileges for the remainder of his or her assignment to Marine Corps Bases Japan and III Marine Expeditionary Force."

Hodges said the command adopted the changes to greatly reduce unnecessary risk to life or property and promote safe and responsible driving habits by raising the level of awareness.

When a person gets into a car after drinking alcohol and takes to the roads on base, he or she is risking driving through a random identification check run by the Provost Marshals Office. If the military policemen at the checkpoint suspect a driver has been

drinking, they pull the driver over.

Gunnery Sgt. James P. Roberto, staff noncommissioned officer in charge, PMO, Camp Foster, said the military police officers who patrol the streets are not out there hunting for drunk drivers.

"The MPs who are on the road need to have a good reason to initially pull someone over," he said.

If a military policeman suspects the use or abuse of alcohol is related in an incident, the police officer conducts a series of tests.

A driver is charged with DUI if his or her blood alcohol level is between .05 and .09. Drivers with a level .10 or higher are charged with DWI.

The driver's car is impounded and will cost \$70 to get it out, and PMO will temporarily suspend the person's license, Roberto said.

The fine and suspension are not the only consequences the driver will face. Because of the changes in the policy, if a service member is involved in a DUI or DWI, the case goes straight to the III Marine Expeditionary Force commanding general's office, where the decision on what level the incident will be handled is determined.

"Driving privileges are just that, privileges. The base commander grants the privilege to drive and may withdraw that privilege for cause or when special measures are required to safeguard and protect life, property, order, discipline, and morale," Hodges said.

At the commanding general's discretion, punishments for service members may range from battalion-level nonjudicial punishment to a court martial, according to Warrant Officer Robert M. Hall, legal administrative officer, Staff Judge Advocate's Office, MCB. The warrant officer said the maximum punishment for causing personal injury by drunken or reckless operation of a vehicle is a dishonorable discharge, confinement for 18 months, total forfeiture of pay



GUNNERY SGT. MATT HEVEZI

Congressional conversation

Petty Officer 2nd Class John V. Guerrero, a religious program specialist, assigned to 3rd Marine Division, speaks with Congressman Robert A. Underwood, from Guam, about serving on Okinawa. Underwood visited Marines and Sailors July 7 at Camp Courtney during a trip to Okinawa to learn more about III MEF forces who train in Guam. Guerrero was one of several service members from Guam who gathered to meet the congressman. "I know it is tough work and grinding work," Underwood said of military service overseas. "I want you to know people in Congress have a great appreciation for you."

and reduction to E-1. He also explained that alcohol-related driving incidents with no personal injury involved might result in the maximum punishment of a bad conduct discharge, six months confinement, total forfeiture of pay and reduction to E-1.

Punishments for civilians found guilty of DUI or DWI may include termination of employment and termination or suspension of driving privileges, according to Carlos Saldana, personnel chief, Marine Corps Community Services, who referenced MCCS Policy Manual 04-00. He said they may also face mandatory remedial driver safety training in any case not resulting in a job termination.

All punishments are based on circumstances such as the severity of the incident and a driver's prior history with alcohol, according to Hall and Saldana.

"When an individual chooses to drive after consuming alcohol, or in

any of the instances listed in the change to the order, it becomes necessary to take a very strong action to impress upon the individual how serious the behavior is," Hodges said. "Fleeing the scene of an accident where there is an injury or evading the military police are examples of offenses so serious that the subject individual simply cannot be trusted to operate a motor vehicle in a responsible manner."

Any person cited or apprehended as a result of a number of serious offenses will undergo the same procedures as before, but might face more serious consequences.

"We wholly expect that our members will become more conscious of their driving habits and really take to heart that if they don't drive responsibly, they will lose the privilege," Hodges said. "Driving is a privilege and when persons do not safeguard the privilege by being responsible drivers, the privilege will be lost."

Warfare pin wear made mandatory for FMF Sailors

PFC. DAMIAN MCGEE
COMBAT CORRESPONDENT

CAMP FOSTER — Now that two months have passed since the first group of Okinawa Sailors received the new Enlisted Fleet Marine Force Warfare pin, it is time for other Sailors to begin actively pursuing the same accomplishment.

Sailors desiring to receive the pin must first achieve some basic standards:

- *Be permanently assigned to an FMF unit on type-2 or -4 sea duty.

- *Have satisfactorily completed the USN physical fitness assessment

- *Have a minimum of 12 months accumulated type-2 or -4 sea duty with an FMF unit (Sailors on a one year unaccompanied tour may have 30 days of this requirement waived).

Once a Sailor has met the eligibility criteria,

they must meet the following criteria:

- *Receive a promotable recommendation during the most recent reporting period.

- *Complete personnel qualification standards for their assigned section.

- *Display general knowledge of the command's overall organization, mission, assets, employment, combat systems, battle skill techniques and basic equipment through oral and written exams.

- *Be recommended for the EFMFW pin by their chain of command.

Throughout the process Sailors seeking qualification for the pin must endure exams to determine their overall knowledge. Although the process is one that takes time and covers many areas, it is not complete once a Sailor receives the pin.

Each time a Sailor changes FMF units, they must renew their qualification within 12 months.

The only exception to this would be if the Sailor was to return to the same unit they originally qualified through.

Sailors who fail to qualify or renew their qualification will be subject to an entry in their service record and have it noted on their next performance evaluation. Recommendation for promotion can also be withdrawn.

If a Sailor does meet the original qualifications and continues qualifying throughout their various tours, the only way they can be disqualified would be

- *Failed to maintain promotable marks.

- *Refused to accept or perform duties while assigned to an FMF unit.

- *Fail to complete qualification renewals during the designated time.

Additional information is available on the EFMFW pin through OPNAVINST 1414.4.

3/7 Marines depart for Exercise KOA Thunder

SGT. NATHANIEL T. GARCIA
COMBAT CORRESPONDENT

MARINE CORPS AIR STATION FUTENMA – Approximately 200 Marines left here for Anderson Air Force Base, Guam, July 6 to participate in exercise Koa Thunder.

1st Marine Aircraft Wing's Air Support Element, Kaneohe, from Kaneohe Bay, Hawaii, is conducting Exercise Koa Thunder, an operational readiness self-evaluation. The 31st Marine Expeditionary Unit, III Marine Expeditionary Force Special Operations Training Group, additional units from 1st MAW and two companies from 3rd Battalion, 7th Marine Regiment, 3rd Marine Division are supporting the exercise.

Marines from Headquarters and Service Company and Company I, 3/7 plan to conduct a variety of exercises while in Guam including Tactical Recovery of Aircraft Personnel exercises, raids, airfield seizures and noncombatant evacuations.

"This exercise better prepares us to carry out rapid small scale contingencies such as raids and NEOs," said Maj. Baron J. Harrison, commanding officer, 3/7. "These types of missions have always been the bread and butter of the Marine Corps."



1stLt. Ryan M. Gilchrist, platoon commander, Company I, 3rd Battalion 7th Marine Regiment, begins tying up the sides of a tent where he will stay the night during exercise Koa Thunder.

"In working with the Aviation Support Element, Kaneohe, we, the ground element, build a better understanding of what the air combat element needs in order to plan their role in supporting these types of missions and vice versa," he said. "This understanding facilitates more rapid planning and a sense of teamwork within the Marine Air Ground Task Force."

Marines from 3/7 plan to develop

their standard operating procedures in staff planning while acting as the ground combat element for the Special Purpose Marine Air/Ground Task Force, according to Harrison.

Some of the unit's training will take them off the island of Guam and to the smaller islands of Tinian and Pelelieu where they will encounter thick vegetation and hot and humid weather. Although these types of

conditions are common to Okinawa, 3/7 will participate in less-familiar training.

"This is a whole different type of training then what we are used to," said Staff Sgt. Jeffrey M. Godfredson, company gunnery sergeant, Co. I, 3/7.

The 3/7 Marines came to Okinawa from Twentynine Palms, Calif., as part of the Unit Deployment Program and normally participate in combined arms training and desert operations.

However, participating in multiple exercises is something that the Marines from 3/7 are used to. They have recently contributed to Exercise Cobra Gold and the Thailand Incremental Training Program, according to Harrison.

With some experience already behind them, 3/7 plans to complete their Koa Thunder mission by increasing their knowledge and taking advantage of the opportunity to enhance their Marines combat skills.

"We need to walk away from this exercise safely and having increased our proficiency in helicopter and C-130 borne operations from the last Marine in the last fire team up," Harrison said. "I do not expect perfect execution of every mission. What I do expect is maximum effort."

Arty Marines deploy for training in Ojojihara

CPL. MATTHEW E. HABIB
COMBAT CORRESPONDENT

CAMP HANSEN – The Marines of 3d Battalion, 12th Marine Regiment left Okinawa June 27 for Ojojihara, Japan, to conduct a month-long Artillery Relocation Exercise.

In conjunction with the Japanese Ground Self Defense Force, the 210 Marines will conduct the regularly-scheduled training at a JGSDF base in the Northeastern area of mainland, Japan, to maintain operational readiness.

The Marines of 3/12, recently participated in Exercise Cobra Gold 2001, in Thailand, are excited about another opportunity to perform live-fire training. These are the type of situations that test what the Marines have been taught to do, and offer a change of pace to Okinawa, according to Lance Cpl. Gustavo A. Barillas, artillery radio operator, Communications Platoon, Headquarters Battery, 3/12.

"I like the rush you get when you're put in a situation you're not expecting, but are still able to accomplish the mission because of the training you've received," Barillas said. "Training exercises such as these make the time go by quicker. I'd rather be out doing something than just sitting around doing nothing. I love to deploy."

During the battalion's pre-deployment brief, the commanding officer's opinions seemed to echo those of his Marines'.

"If you do what you are trained to do, this will be a successful mission." Lt. Col. John H. O'Hey, commanding officer, 3/12, said to his Marines. "This is the best thing to do while here ... this is what we get paid for."

The actual field training will consist of both live and simulated firing exercises. During these exercises, the Marines will train for different scenarios such as if their location was overrun by the enemy, or if their location was discovered and had to relocate their four M198, 155 mm Howitzers to different positions.



The Japanese Ground Self Defense Force band welcomed the Marines when they arrived at Ojojihara.

The Marines are also practicing safety measures during the training, according to O'Hey.

"I want the Marines to go out there and hone in on their MOS skills," O'Hey said. "But safety comes above that, and I want all the Marines to stay safe."

Besides just training, the Marines hope to accomplish another list of missions while visiting on the JGSDF base. There are three scheduled community projects in which the Marines will go to locations around the local community and help out, according to O'Hey.

The Marines are not only training with their Japanese counterparts, but also getting to know them and the Japanese culture a little better. Some JGSDF families will invite the Marines to their homes to experience Japanese culture and home-cooked meals first hand.

The Marines might travel to visit the city of Sendai after they have accomplished their goals. Sendai is Japan's second largest city with over 1.5 million people, and offers the Marines a wonderful chance for shopping, seeing new sites and meeting new people.

Corps' new intranet prepares for attacks

GERRY J. GILMORE
AMERICAN FORCES PRESS SERVICE

ARLINGTON, Va., — The precedent-setting Navy-Marine Corps Intranet will harness the latest information security technologies and practices to ward off computer hackers seeking to compromise the system, DoD officials say.

Information superiority is a key goal as the department moves into the 21st century, said Scott Henderson, the NMCI information assurance division chief with the Space and Naval Warfare Systems Command, San Diego, Calif.

Safeguarding that information, he added, is crucial to mission success.

"One of our critical capabilities will be how we are able to defend our information and our information systems from an adversary's attack," Henderson said June 26 at an NMCI news conference, here. "The Navy-Marine Corps Intranet will be one of the primary vehicles within the Department of the Navy to actually achieve that mission."

The \$6 billion, NMCI network is DoD's largest information technology contract ever, Pentagon officials noted.

The system is slated for completion in 2003 and will consolidate 200 separate Navy and Marine Corps computer systems involving some 400,000 desktop machines.

Army and Air Force computer systems, officials said, will be interoperable with the NMCI.

While the NMCI consolidation should save the Navy about \$2 billion over the life of the initial five-year contract, Henderson said

the system would be useless if hackers can compromise it at will.

He pointed out that the threat to DoD information systems has increased in recent years.

For example, successful intrusions, or attacks, on Navy computer systems increased from 89 in 2000 to 125 so far this year, according to Navy documents.

The number and types of detected computer viruses have also grown each year, Henderson noted, a reflection of computer hackers' increased skills and organization.

To "harden" it against possible intrusions, Henderson said the NMCI will feature security operations cells located with each of the system's six network operation centers at Quantico and Norfolk, Va.; Jacksonville, Fla.; Oahu, Hawaii; San Diego; and Puget Sound, Washington. The Norfolk network operations center is slated to start operations July 9, Henderson said.

Technicians at each NOC — using standardized security policies and procedures — will oversee network firewalls, virus and content scanning, encryption management, remote access

servers, and other safeguards, he said. Security initiatives, he added, will also include incident detection and response capabilities.

Henderson remarked that the NMCI system features five principal information assurance or security properties:

*Availability — Authorized users can properly access online information systems.

*Integrity — Safeguard information or communications from

"One of our critical capabilities will be how we are able to defend our information and our information systems from an adversary's attack."

- Scott Henderson



STAFF SGT. BRUCE E. GORDON

Underwater oath

GySgt Richard J. Hansen Jr., left, G-6 Programming Chief, Marine Corps Base, reenlists 30 feet under water June 29 near Torii Station. CWO5 Kevin Rafferty, Wing Personnel Officer, MWHS-1, administered the oath while GySgt Robert E. Griffith, Career Planner, H&S Bn, MCB looks on.

modification by unauthorized users.

*Authentication — A degree of certainty or assurance that information/communications are provided by authorized sources.

*Confidentiality — Only authorized individuals have access to sensitive information.

*Non-repudiation — There is some proof of sending and receiving information/communications for tracking/documentation purposes.

"We have implemented protection mechanisms to provide each of these five services," Henderson said of NMCI security initiatives.

He said the completed NMCI network would use an intercon-

nected, "defense-in-depth" infrastructure that acts as both a barrier and as an early-warning detection system to ward off or provide rapid response to potential cyber attacks.

Henderson opined that better government intrusion detection systems and increased hacker attacks combined to produce more than 23,000 detected "events" or possible incursions on DoD unclassified computer networks in 2000, compared to 225 such incidents in 1994.

"It just shows the magnitude of the problem out there," he said. "The number of hackers is increasing and their capabilities are also increasing."

MPS announces free mail between Europe and Pacific now available

SGT. STEPHEN L. STANDIFIRD
COMBAT CORRESPONDENT

CAMP FOSTER — Mail sent through the Army and Air Force Military Postal Service, or MPS, between European and Pacific theatres is now free.

Items previously sent through MPS could only be sent to other locations within the same theatre, but this policy change extends the benefit to service in Europe as well, according to Chief Warrant Officer Deborah L. Staub, postal officer, Marine Corps Base.

The service is now available because of direct flights into London and Germany and applies to mail travelling solely through MPS. It does not cover any mail that has to travel through the United States Postal Service.

"Mail guaranteed to stay in MPS is allowed to go for free — free to customers, not to the Department of Defense," said Staub.

Letters to and from the United States are not included because they don't travel solely through the military. Mail to overseas locations from the states requires postage because the USPS handles it from its origin to California.

"The 34-cent stamp on a letter buys transportation from states to San Francisco via USPS; MPS and DoD take over from there," said Staub.

However, not all locations in the Pacific and European theatres are covered by the new policy. APO destinations in Cuba, Bermuda, Guam and the United States (including Alaska and Hawaii) are not authorized for MPS service.

Other places not included in the service are Iceland, Liberia, the Marshall Islands, and parts

of Diego Garcia.

To find out whether mail can be sent to Europe free, ask a postal representative whether the zip code rates MPS service.

Customs forms are still required for all packages sent through MPS service. If a parcel requires insurance or any other special service, that service must be purchased.

People can mail packages up to 70 pounds through the service, and the same rules that apply for mailing packages or letters within the region will apply to mail going to another theatre.

Instead of a stamp, customers should write MPS in block letters on the upper right hand corner of the envelope or package.

For more information regarding the variety of services provided by MPS, call the nearest base post office.

NJP REPORT

The following are alcohol-related nonjudicial punishments for July 1 - 7.

• Underage drinking

A lance corporal with Personnel Support Detachment-36, 1st Marine Aircraft Wing, was found guilty at a squadron-level NJP of underage drinking. Punishment: reduction to E-2 and restriction and extra duties for 30 days.

A private first class with PSD-36, 1st MAW, was found guilty at a squadron-level NJP of underage drinking. Punishment: reduction to E-1, restriction for 30 days and extra duties for 15 days.

A private first class with PSD-36, 1st MAW, was found guilty at a squadron-level NJP of underage drinking. Punishment: reduction to E-1, forfeiture of \$200 pay, restriction for 30 days and extra duties for 15 days.

• Driving while intoxicated

A lance corporal with Headquarters Battalion, 3rd Marine Division, was found guilty at a battalion-level NJP of driving while intoxicated. Punishment: reduction to E-2, forfeiture of \$584 pay per month for two months, and restriction and extra duties for 45 days.

COURTS MARTIAL

A staff sergeant assigned to Headquarters and Headquarters Squadron, 1st Marine Aircraft Wing, was sentenced to 23 days confinement at a special court-martial on one specification of Article 111, Driving Under the Influence.

A first lieutenant assigned to Headquarters and Service Battalion, III Marine Expeditionary Force, was sentenced to 10 months confinement and dismissed from the Marine Corps at general court-martial on two specifications of Article 92, violation of a lawful general order and dereliction of duty, one specification of Article 111, Driving Under the Influence, Article 128, assault, Article 133, conduct unbecoming an officer and two specifications of Article 134, wrongfully leaving the scene of an accident without providing assistance and wrongfully endeavoring to influence testimony.

A lieutenant colonel assigned to Marine Wing Headquarters Squadron-1, 1st MAW, was sentenced to six months confinement, total forfeitures and dismissed from the Marine Corps for five specifications of Article 134, indecent assault, indecent exposure, communicating indecent language twice and wrongful solicitation.

TMO TIPS

• Ensure high value items and their brand name, model number and serial number are put on your household goods inventory sheet, which is prepared by the packers during the pack out.

• Ensure you are at your quarters between 8 a.m. to 6 p.m. on your pick up date. Otherwise, you will be assessed an attempted pick-up charge.

• It will be your responsibility, not the moving company's, to ensure all your personal belongings have been packed. Please be sure to do a final check of all closets, cabinets and storage sheds before the movers depart.

• Have expensive and valuable items like artwork and collectibles appraised. The government does not pay for appraisals.



SSGT. JASON M. WEBB

Mustang madness

Cpl. Carlos J. Guerra, team leader, Weapons Company, 3rd Battalion 7th Marines, talks with Afternoon Assault Show host, Sgt. Tony "T" Ross of WAVE 89.1 FM after starting his newly won 2001 Ford Mustang. Guerra was the last contestant to try his key and came up lucky by winning the \$20,000 Mustang July 7 in the final contest drawing at Tsunami Gear's parking lot on Camp Foster. Guerra was selected along with 15 others who found keys hidden on bases throughout Okinawa in the Mustang Treasure Hunt contest sponsored by Exchange New Car Sales, MCCS and Wave 89.1 FM.

COMMUNITY BRIEFS

III MEF Band concert

The III Marine Expeditionary Force Band is scheduled to hold its annual summer concert 7 p.m. July 14 at the Okinawa Convention Center in Ginowan City.

The convention center is located west of Route 58 just south of Camp Foster.

The performance will include concert and patriotic music, solo performances and popular music in styles ranging from Latin to jazz.

Admission is free and the event open to the public.

Caribbean Dance Party

The Caribbean Heritage Association is sponsoring a Caribbean Dance Party July 14 at the Globe and Anchor from 9 p.m. to 3 a.m.

Tickets will be sold at the door for \$10.

There will be free food, door prizes, a limbo contest and much more.

For more information, call LaWanda Chin at 633-8883 or Beverly Smith at 633-0147.

New DRMO sale days

Due to renovation of the DRMO Cash and Carry Retail sales area, Wednesday sales are cancelled. The sales will now be held the first and third Saturday of each month in Section 3 of Building 600, Camp Kinser.

Sales are open to all SOFA personnel and items must be for personal use only. Payment for goods must be in U.S. dollars, and only cash will be accepted.

For further information, call 637-3707/2918 during duty hours.

WIC hours

The offices of the Women, Infants and Children Overseas at Camps Courtney, Foster and Kinser and Kadena Air Base have new hours of operation.

The offices are open Monday through Friday from 7:30 a.m. to 4:30 p.m. and Wednesdays 7:30 a.m. to 7 p.m.

For more information on the WIC program, contact 645-9426.

Models needed

The Kadena Enlisted Spouses Club is in need of models for their international fashion show currently scheduled to take place Aug 11.

The event is a benefit and the funds raised will help spouses wishing to obtain a college education. Participants will have to provide their own clothes from whatever country they wish to represent.

For more information on the event, contact Michele at 645-0393.

Telephone Customer Services

Effective July 2, the Marine Corps Base Telephone Customer Service Centers located at Camp Courtney and Camp Foster will change their hours of operation.

The new hours are Monday through Friday from 9 a.m. to 5 p.m. with the exception of the third Wednesday of each month. The office will be open from 9 a.m. to 12:30 p.m. every third Wednesday.

For further information, call 622-7211 or 622-7479.

To submit a brief ...

Send an e-mail to editor@mcbbutler.usmc.mil or fax your request to 645-3803. The Okinawa Marine accepts briefs for non-profit organizations and groups only and they are run on a space-available and time-priority basis. Deadline for submitting briefs is noon every Friday and the Okinawa Marine reserves the right to edit all submitted material to fit space.

Equal opportunity speaks up and out about Corps' policies



GUNNERY SGT. NICOLE L. HILL
EQUAL OPPORTUNITY ADVISOR,
MARINE CORPS BASE INSPECTOR'S OFFICE

I take my cover off to the Marines and Sailors of Marine Corps Base Japan who cooperate with the equal opportunity policy.

There are many questions concerning the EO program, however, if I didn't take this opportunity to speak more in depth about EO, then I wouldn't be living up to my responsibilities as an EO advisor.

First and foremost, I am the EO advisor for MCBJ supporting III Marine Expeditionary Force commands. The inquiries about the EO program are commonly looking for information or requests as to how to file a complaint.

Of the many individuals who have come into my office, I found that misperceptions are the reason for most questions. "Is equal opportunity just for minorities?" Oddly enough, that's actually a good question. If we were to broaden our minds, the actual word, "equality" is all encompassing. In order to be considered equal you must have something or someone you inspire to be equal to.

The EO program is designed for all military members without regard to race, color, religion, gender, age, or national origin, consistent with the law and regulations and the requirements for physical and mental abilities. Take note, the regulation does include people with physical and mental disabilities.

Some people refuse to understand the policy of the Marine Corps and conversely find problems with adhering to the regulations.

Every time there is an actual case, EO in nature, we question the individuals why they displayed such behavior. What we found is, no matter what the circumstances, age, rank, social background of the individual being accused, they have found very little explanation. To be fair, the EO also evaluates those who file complaints, to ensure legitimacy.

One thing we as humans must realize is that the Marine Corps is reflection of society.

The average hard-core Marine still has social economical influences from where he or she came. An individual does not automatically set aside prejudices, biases, and erroneous perceptions upon joining the Corps. Often we say, "perception is reality," however, it is important not to take that statement out of context.

As a dedicated and avid member of an elite team, I must say, harassment and discrimination is not just a perception. Only training and education will allow for tolerance and the understanding of differences; and of course, change does not happen overnight, sometimes even in a career. As the old cliché goes, "you will only get better with practice." Practice accepting diversity and diversity will become a part of you. It is imperative that we understand the policy of the Marine Corps and integrate EO into every aspect of Marine Corps life.

Another issue is understanding ethnic observances. "Why is it important to remember the past transgressions of our country?" So they never become a part of our future.

"Why do we have to dwell on the past by celebrating ethnic observances and telling the old stories?" Understanding the effects of past discriminatory practices is imperative in order to formulate specific equal opportunity objectives and to initiate affirmative actions to eliminate existing deficiencies. Marine Corps

Order P5354.1C is very specific in expressing the Corps' concern in appreciating diversity and embracing it.

Although we know that the application of fairness is an essential action of all Marines, we still have the need for an EO program, which leads me to another point. "Does the EO program allow personnel to circumvent the system?" Now if that doesn't break to the heart of why we have a program and what we aspire to accomplish, then let's talk about leadership.

In keeping with the Marine Corps' leadership philosophy, the responsibility for accomplishing equal opportunity goals is not dependent on authority and is not the function of any special staff officer. Rather, all Marines are expected to exert proper leadership by promoting harmonious interactions among individuals, regardless of their differences, by exemplifying fair treatment for all Marines, and identifying unfair practices to higher authority via the chain of command.

It is true, and I'm sure all would agree, leadership is the key to eliminating all forms of unlawful discrimination and harassment. Promoting equality through diversity training and leadership is the best supportive mechanism of the program. Every leadership issue is not an EO issue, however, every EO issue is a leadership issue.

In case you are wondering about the responses to the preceding questions, the answers are per the order. Although I believe everyone is entitled to his or her own opinion, I am bound by the order and my opinion is that of the regulation and no less.

For more information about equal opportunity and diversity, there are books, videos, and cassettes available to check out from the Training and Information Readiness (TIR) library via your command EO representative. I feel we should all act, speak, and walk in the spirit of equal opportunity, promoting dignity and self worth through diversity training and leadership.

What Would You Do?

The following examination of leadership issues is not intended to present right or wrong answers. The goal is to provide a forum to encourage leadership discussions of challenging issues. Chaplain responses are designed to provide moral and ethical guidance. Questions, comments or ideas for a future scenario may be submitted to: editor@mcbbutler.usmc.mil

Accidents will happen

Time has come for your shop to make its daily run to Building 1. Being a motivated Marine, you volunteer. You grab the keys to the government vehicle and make your way over to Building 1. When you arrive all the government parking spaces are taken so you make your way around to the back of the building.

You find the last spot way off in the corner. After making your drops and pickups, you feel a great deal of accomplishment for all the work you have accomplished today. With you spirits high, you hop back into the government vehicle and start to back out.

Because of the excitement you feel or because of the crowded parking lot, you accidentally hit a parked vehicle. Immediately you stop your vehicle and get out to look at the damage. The government vehicle doesn't appear to have any damage but you notice a very small dent in the other vehicle's bumper.

What do you do?

What the Marines said

Corporal with 1st Marine Aircraft Wing: The right thing to do

would be to fill out the accident forms and leave them on the other car so they can contact you.

Lance corporal with Marine Corps Base: It would be wrong to just leave without leaving those accident contact forms from the dispatch. I'd leave the forms and report it to the dispatch.

Lance corporal with III Marine Expeditionary Force: I really don't think I'd be all that excited about making that (trip), and if no one saw me, they can't prove it wasn't there before.

Private first class with III MEF: You're supposed to leave a note right? Well, that's what I'd do. I'd leave a note and then report it to my command. I'd probably have to explain to them why I didn't have a ground guide.

What the Marines said

Hey, accidents happen. That's why they are called accidents. "Doing the right thing" doesn't always feel good, especially if we have to put ourselves on report. Nobody wants more hassles in their life. The easy way out is very appealing: drive away and no questions asked.

Deciding whether or not to own up to the incident should not be based on the relativity of being caught. Just because there are no witnesses doesn't mean that you are not guilty. No matter how you feel about it, the reality is you are responsible and accountable. It may be tight, but it is right.

Don't let the anxiety of future repercussions cloud your judgment in the present. There is no sliding scale for moral courage.

Bottom line: integrity is "doing the right thing" when no one is watching. So "do it" by reporting the incident and get on with life.

-Navy Lt. Judy Malana, Chaplain, III MEF



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Cpl. Oscar Rivera, telephone switchboard technician, G-6, MCB, goes over his cover before a dress blue delta inspection at the Corporal's Course July 5.



Corporals Ronald Hughes, Anthony Pray, Anthony Villa, Derek Canales and Sung Kim are prepared to be inspected during a dress blue delta inspection



Marines at the Corporal's Course used teamwork to prepare for a dress blue inspection.



Staff Sgt. Edwin Maldonado, outside plant chief, G-6, MCB, debriefs Cpl. Ronald Hughes, personnel administrative clerk, Co. B, H&S Bn., MCB, after being inspected in his dress blue delta uniform at the Corporal's Course



Marines used teamwork to check each other over before the inspection. A Marine uses scissors to cut a small string from a chevron.

Corporals prepare for inspection

Story and photos by Staff Sgt. Nathan L. Hanks, Jr.

CAMP FOSTER — They don sharply pressed uniforms. Their experience is shown through ribbons, badges, and preparedness. Their hair is worn high and tight. They stand at the doorstep of leading as non commissioned officers — they are corporals.

Marines attending the Corporal's Course with Company B, Headquarters and Service Battalion, Marine Corps Base embraced that image by learning to pay attention to detail during a dress blue delta inspection July 5.

The inspections are one of several subjects taught to help corporals become better leaders.

The purpose of any uniform inspection is not only to make sure a Marine's uniform fits and see how well it is maintained, the results are also excellent indicators of the unit's morale, efficiency, discipline, training, and leadership. The inspection helps you determine if the Marines are ready to fulfill their positions within the Marine Corps' mission as a force in readiness according to Staff Noncommissioned Nonresident Program Marine Corps Institute 7108E (Drill, Ceremonies, Uniform Regulations and Inspections).

"You can tell if a Marine spent a lot of time on his uniform by the way he or she wears it," said Gunnery Sgt. Scott Pile, company gunnery sergeant, Co. B and chief instructor. "The uniform shows how much pride (the Marines have) in themselves and their unit. Also, it (uniform) has been and is a source of pride for every Marine."

Each Marine takes pride and prepares for inspections differently.

"I like to start with the top of my uniform (the cover) and work my way down (to my dress shoes)," said Cpl. Anthony Pray, correctional specialist, Co. B. "I check for loose Irish pennants (strings) first because, out of everything I do, I hate looking for Irish pennants the most."

There are a few things a Marine needs to keep in mind when preparing for an inspection, according to Pile. "An inspection requires a lot of time, effort and attention to detail," he said.

"I spent about five hours over a period of two days on my uniform," said Cpl. Derek Canales, legal administrative specialist, Office of the Staff Judge Advocate, Co. B. "Before I went to bed and after I

got up the next morning I checked over my uniform."

There's no place for individuals when preparing for an inspection. It was common for corporals to help each other check uniforms.

"It helps to check each other over before the inspection," Pray said. "I may look for one item and someone else may check for another. The more Marines who look at your uniform the better your chances are of getting a higher grade."

One of the benefits of the inspection is that the Marines can go back to their work sections and conduct more thorough uniform inspections.

"The inspections in the Corporals Course will help us inspect the Marines who work for us," Pray said. "We are being taught how to inspect and what to inspect for."

Marines are forced to develop better time management during the course as well. The course requires time for physical training (PT), classes, practicing drill, studying for test and preparing for inspections.

"The Marines have to use their time wisely," Pile explained. "They have to plan ahead to ensure they are ready for the next class or inspection."

The work might seem worth it later. Pile expressed the late nights and arduous work are necessary to do well in the course.

I want the Marines to feel good about themselves and accomplishing the mission according to Pile. I want them to look at each other after the inspection is done and say we went through that and I got a good score and I feel good about what I did.

In addition to the inspections, the corporals had classes on drill, noncommissioned officer sword manual, personal finance and the Marine Corps Marital Arts Program. The Marines will receive their tan belts at the end of the Corporal's Course today.

During the course Marines learned that the schedule could change in a moment's notice. To help stay ahead, they learned that keeping uniforms inspection-ready made things a little easier.

"If you know you are going to Corporal's Course soon, start preparing your uniforms now," Canales said. "Do not wait to the last minute to get ready."



Marines at the Corporal's Course stand at attention with their feet at a 45-degree angle and thumbs along the seam of the trousers during a dress blue delta inspection

On Patrol

Story and photo by Sgt. Stephen. L Standifird

CAMP GONSAIVES — Patrolling the jungles of Okinawa is not typical for all service members but for six days and nights recently, Marines, Sailors and soldiers from support oriented jobs attended the Jungle Warfare Training Center here.

The training opened the eyes of the newly dubbed jungle warriors to the ground combat side of the workplace.

"The Seabees don't patrol, but they are picking up something new and a little more than what they are used to," said Sgt. Timothy J. Judd, instructor, Jungle Warfare Training Center. "For the Marines, some have been out of Marine Combat Training for five years sometimes, so we just try to bring it back to their memories and add some extra stuff."

Army Sgt. James P. Lathan, helicopter mechanic, 17th Area Support Group, Camp Zama, said that for the Army, it let them get a view of what the other services can do and how they act.

The service members went through various aspects of jungle warfare training.

The weeklong course included rappelling down a 65-foot tower, known for eliminating anybody's fear of heights, according to Judd. Land navigation and patrolling were the other main topics covered.

The service members learned how and when to use the different types of patrolling formations during the course. Their new skills were applied when they were sent on a mission through the jungle while simultaneously completing three objectives.

The service members used Special

Effects Small Arms Marking System rounds, similar to paint-ball rounds with a little extra sting, revealed Judd, to simulate live rounds.

The beginning of the course confused some of the participants. Some of the mixed squads did not know what the other services were like.

"It's a different experience with the Seabees, they aren't used to [jungle training]," said Cpl. Alberto R. Alvarez, wireman, Headquarters Battery, 12th Marine Regiment. "At the beginning I was hesitant, but after the first objective it really seemed that they had learned what was taught."

According to Judd, land navigation through the jungle environment is difficult. Even an experienced navigator could get lost in the bush.

The last sizable event consisted of a 3.4-mile endurance course with 36 obstacles that span some of the roughest terrain available for endurance courses, explained Judd.

The teamwork and unity displayed during the course proved a valuable refresher for some of the participants from non-combat-arms members of the team.

"A lot of people like us need to know this because when you're forward deployed, you never know when you'll have to go," said Petty Officer 3rd Class Kenya McCarter, gunners mate, Battalion Armory, Naval Mobile Construction Battalion-5, at Camp Shields.

"A lot of people don't have combat arms experience," Lathan said. "They can come out here, practice land navigation and learn from the instructors. These are the people who you are going to war with. It's beneficial for everyone to be out here."

Cpl. Alberto R. Alvarez, wireman, 12th Marine Regiment and squad leader for his squad makes an assault on an objective during the patrolling portion of the jungle skills training he received here. Alvarez and his squad of Marines and Sailors were at Jungle Warfare Training Center recently receiving training in a joint environment with the Army.



OFFICIAL NAVY PHOTOS

Marines attached to Naval Air Station Pensacola joined Sailors from *USS Iwo Jima* in the traditional manning of the rails ceremony June 30, when the ship joined the fleet as the 7th WASP class amphibious assault ship.

Navy commissions USS Iwo Jima

SGT. KATESHA NIMAN
MARINE CORPS NEWS

ARLINGTON, Va. — The Navy commissioned its newest and most advanced amphibious ship, the *USS Iwo Jima* (LHD-7), June 30, at Pensacola, Fla.

General Michael J. Williams, Assistant Comman-

dant of the Marine Corps, was the keynote speaker for the commissioning at which more than 10,000 people attended, including 1,000 Marine and Navy veterans of the actual battle for Iwo Jima.

The ship is named in honor of the famous World War II battle of Iwo Jima, where more than 6,000 U.S. Marines lost their lives while capturing the island from the Japanese who had about 20,000 casualties.

The primary mission of the LHD-7 is to enable the Navy/Marine Corps team to embark, transport, deploy, command and fully support all elements of a Marine Expeditionary Unit, inserting forces ashore via helicopters, landing craft and amphibious vehicles.

The *Iwo Jima* is also the command ship of an Amphibious Ready Group and is fully capable of amphibious assault, advance force and special purpose operations, as well as noncombatant evacuation and other humanitarian missions.

The ship was built from the keel up with accommodations for 450 female sailors. The ship has living areas for a total of 3,200 crew members and troops.

The ship was built by Ingalls Shipbuilding in Pascagoula, Miss., and cost approximately \$761 million. The length of the ship measures 840 feet with a flight deck width of 140 feet.

After its commissioning, the *USS Iwo Jima* became the second amphibious ship to be named such. The first ship, *USS Iwo Jima* (LPH-2), was the lead ship of the LPH class of amphibious assault ships.

It was commissioned in 1961 and served as the key element during Southeast Asia operations in Vietnam, as the recovery ship for the return of Apollo 13's crew and was the first amphibious assault ship deployed to the Persian Gulf during Operation Desert Storm. After nearly 32 years of faithful service to the sea services, LPH-2 was decommissioned in 1993.

The sponsor of the LHD-7 was Zandra Krulak, wife of former Commandant of the Marine Corps Gen. C.C. Krulak, who broke a bottle of champagne across the bow to formally name the ship. She was joined by the *Iwo Jima*'s commanding officer, Navy Capt. John T. Nawrocki, a 1975 graduate of the Naval Academy.



Marines attached to Naval Air Station Pensacola cross the brow of the Navy's newest Amphibious Assault ship, *USS Iwo Jima* (LHD-7) June 30, as part of the ship's commissioning ceremony. When deployed, the ship will host more than 1,500 Marines and has the capability to deploy them via air or sea.



PHOTOS BY CPL. KIMBERLY S. LEONE

Johanna Goodyear uses the free laundry facilities at the Wives' Center on Camp Hansen. Goodyear and her Marine corporal husband currently live out in town, as on-base housing is not available for them. The center gives her more Americanized facilities to do laundry and allows her to meet other military spouses.

Wives' Center

Center provides American-style amenities, comforts

CPL. KIMBERLY S. LEONE
COMBAT CORRESPONDENT

CAMP HANSEN — It takes some digging to unearth the facilities and resources offered at the Wives' Center here. The center isn't covered with dirt, but rather shrouded in mystery and a lack of publicity.

The Wives' Center offers military spouses, especially those living off-base, many American-style amenities they can't find in Okinawan homes or communities.

It also gives the ladies a place to meet and interact with other spouses from other neighborhoods.

"The center is especially useful to those living out in town," said Adrian Bateman, Wives' Center president. "My first year on island, this was my second home. Many of the friends I have now, and the programs I am involved in, were introduced to me through the center."

Bateman took over as president in February 2000. She has since worked to dispel the rumors and misconceptions that have kept the Wives' Center a well-kept secret.

"The deputy camp commander and I agree that it doesn't make sense to have this facility and lose it just because people don't know about it," Bateman said. "So I'm working with the command to get the word out."

The facility has been through many closures and re-openings before opening in 1996 and establishing today's enrollment of 16 members.

Located behind the Tsunamai Gear Dive Shop here, the center features a playroom, living room, laundry and kitchen facilities.

The laundry facilities in many off-base homes are too small for the amount of laundry most American families do, and the utilities needed to operate the facilities can be expensive.

"It works for me. It's comfortable, it's clean, and I don't have any problems getting a washer or dryer," said Beatrice I. Martin, a new Wives' Center member who recently arrived on Okinawa. "I like it just fine."

In addition to free washer and dryer use, the center offers a roomy and comfortable, home-like environment where its members can also prepare and enjoy meals with their friends.

Most Japanese homes do not have American-style ovens. Making large holiday meals is often impossible in a Japanese kitchen, according to Bateman, who lived off-base for about six months after arriving on Okinawa with her husband and children.

"The center has been used for Thanksgiving and Christmas get-togethers," Bateman said. "It offers the families more room for their guests than a traditional Japanese home would."

A common misconception about the Wives' Center is that it is a club, according to Bateman. There is no fee and few prerequisites. Membership is merely a matter of filling out some access roster information and knowing where to pick up the key.

"The center works on a 'lock

"This is a great place to learn about the opportunities and options military spouses have on Okinawa."

- Adrian Bateman

door' system," Bateman said. "Members fill out the paperwork and we put them on the access roster. Then they just go get the key when they want to use the facility."

While the air-conditioning, cable television and free washers and dryers attract adults the playroom and numerous toys grab the attention of the children who come to the center with their parents.

An organized playgroup on Tuesday evenings gives children and parents alike the chance to socialize.

"This is a great place to learn about the opportunities and options military spouses have on Okinawa," Bateman said. "Plus, the parents and the kids make friends."

The Wives' Center relies heavily on donations and its own fund-raising to maintain the facilities.

Frequent bake sales and craft booths keep the cable television on and the soda mess open. Donations provide canned goods for the food bank, cleaning gear and kitchenware for the loan closet, and many of the toys for the children.

"The building and the utilities are provided by the government," Bateman said. "But everything inside



Adrian Bateman, Wives' Center president, plays with her daughter Sierra, 2, in the playroom of the Wives' Center on Camp Hansen. The playroom offers children many toys and the chance to interact with other children while their parents use the center's laundry facilities or relax in the "living room."

the building was either a fund-raiser purchase or a donation."

The center holds a monthly meeting to gather ideas about fund-raisers or center improvements. The night is also used to give the building a quick once over for cleanliness.

"A lot of people think we do a Marine Corps field day on meeting nights," Bateman said. "We don't at all. It's just a light cleaning to keep the center in good shape."

The facility was originally intended for spouses who came to Okinawa at their own expense on unaccompanied tours. However, Bateman said she wouldn't turn anyone away because of the type of tour they were on or what base their spouse worked on.

"We have the facility, and it only stays if we have members," Bateman said. "It's open to all spouses."

Although the Wives' Center remains open with the 'lock door' system in place, Bateman encourages patrons to use the facility between the hours of 6 a.m. to 10 p.m.

Bateman can be reached at the center on Tuesday from 10 a.m. to noon, as she is usually present for the children's morning playgroup.

For more information about donating or becoming a member, contact Adrian Bateman at 622-8768 or Jose Solomua at 622-8289, or email the Wives' Center at wivescenter@hotmail.com.



John Neely, a freshman two-mile runner on the Kubasaki track team listens to Coach Charles Burns giving inspiration to his two-mile runners before a race. Burns uses his time and experience as a teacher and athlete to give students the tools they need to succeed in life.

Coach teaches success on, off the track

STORY AND PHOTOS BY LCPL KEITH R. MEIKLE
COMBAT CORRESPONDENT

CAMP FOSTER — Charles Burns was once a star athlete in high school and college. Now, as a teacher and athletic coach at Kubasaki High School, he tries to give back what he received when he was a student — the drive to succeed.

"I measure my success as a coach by the success of my students and athletes," said Burns, who coaches track and football, and teaches science. "For me to succeed, I must help them improve."

"He has made me faster in every event I run," said Jackie Plotts, 16, a junior at Kubasaki. "He gives us the discipline and pumps us up to make us want to run faster and improve."

"Some coaches push too hard, but Coach [Burns] is encouraging and seems just as excited as we are when we improve," Plotts said.

Through 25 years as teacher and coach, Burns has learned many ways to ensure his athletes improve.

"With new technology and better understanding of weight training programs it is much easier to improve now than 20 years ago," Burns said. "My most productive method is plyometrics."

The plyometrics method focuses on strengthening leg muscles used in running and jumping to improve athletic performance, according to Burns. The plyometric concept has been available for more than

20 years, but recently has become more popular among coaches at all levels, according to Burns who also serves part time as an officer in the Army Reserve.

Being in the Army Reserve actually helped the Pine Bluff, Ark., native decide to move overseas to Turkey from Texas, where he began his coaching career five years earlier. After coaching in Turkey for a few years he moved to Okinawa where he has coached for 15 years.

"I saw an advertisement for a DoDDS science teacher, applied and was hired for a job in Turkey," Burns said. "The main reason I applied was so my kids could see the world, instead of read about it in books and magazines."

Burns' move overseas was not only for his children, but for his career as well.

"When I was in Texas the [reserve service] conflicted with my coaching," Burns said. "So I moved overseas where there is less pressure in coaching."

Burns uses his knowledge, from coaching in the United States where the track meets are more competitive, to improve his athletes' performance. However, he knows that the amount they improve is up to each individual student.

"I share all my experiences and knowledge of running with my athletes," Burns said. "The students can either use that knowledge and improve or forget it and remain the athlete they are while their competition improves."

"I have been blessed with kids that are willing to work with the knowledge I give them," said Burns, who has coached the Kubasaki boy's track team to

13 straight island championships while the girl's have only lost one in 13 years. "They have made me a successful coach."

"When my athletes are successful, I am successful," Burns said. "I have coached several athletes who received full tuition scholarships to college, participated in Olympic competition and play professional football."

India Abrante, a sophomore on the University of Oregon Track team who ran for Burns two years ago, is the athlete he is most proud of.

"She was one of my hardest workers," Burns said. "She sent me a copy of her highlight film and it is great just to watch her perform again."

The athletic success is a small part of what gives Burns such a passion for coaching.

"What's more important is not what they do athletically, but academically," Burns said. "I have approximately 40 of my former athletes who teach; 10 are lawyers and many are in the military."

"To be good at this job you have to care about the kids and want them to be successful outside of sports," Burns said. "I have been coaching for so long, sometimes I will be walking in an airport and hear, 'Coach Burns!' from a former athlete I coached. Just the fact that they remember me as an influence is a great feeling."

The desire to coach is what Burns displays through his love of the sport.

"You have to love the competition, the kids and the sport," he said. "I could coach this game for 100 years, and I just might."



Burns



PHOTOS BY STAFF SGT. NATHAN L. HANKS, JR.
Swimmers of all skill levels are encouraged to take the classes. The classes are conducted in water from waist to arm pit level in depth, and participants who are not good swimmers can use flotation devices. Classes are scheduled to run at Camp Courtney, Camp McTureous, Camp Lester and Camp Kinser through the end of September.

Cooling off with free water aerobics classes

SSGT NATHAN L. HANKS, JR.
COMBAT CORRESPONDENT

CAMP KINSER — Trying to stay cool and exercise at the same time can be difficult outside an air-conditioned building on Okinawa, but there is relief available.

Those who have had enough of the thick, humid air and the scorching heat can stay in shape and keep cool at the same time in Marine Corps Community Services' water aerobics classes.

"I recommend water aerobics because of Okinawa's climate," said John Moore, health and fitness program supervisor, MCCS. "As opposed to running, the best thing you can do is get into the water and exercise."

"When you exercise in the pool, the water naturally cools your body down," Moore said. "You're not as concerned about the heat."

Water aerobics can help those who are injured stay in shape by taking pressure off the body and reducing the strain on joints and muscles.

"Someone with an ankle injury would not be able to go to the gym and workout," Moore said. "But that person can go to a water aerobics class and get a workout without touching the bottom of the pool. Water aerobics is great therapy."

Water aerobics also uses every part of the body, making it a full-body workout.

"Every time you move you are using every joint and muscle with virtually no impact," Moore said. "When you come out of the pool you will know that you had a good workout. It is great for slimming down and burning off a lot of body fat."

To participate in water aerobics, most people think they have to know how to swim, but that is not true, according to Moore. Those who are not good swimmers can use floating devices while they exercise.

"You don't have to be a swimmer to take the class," Moore said. "The class is conducted in water from the waist to armpit level. The experienced swimmers can use the deeper end of the pool."

Whether prospective participants are good swimmers or never learned to tread water, the water aerobics classes are designed to be fun and improve fitness.

"When I finish an aerobics class, I feel good," said Melanie Broswick, manager, Tropical Treasures. "I feel like I have accomplished something and my energy has increased also."

These classes can benefit anyone, including pregnant women, according to Judy Mays, health and fitness program officer, MCCS.

"For those who are pregnant or just had a child, this is a good opportunity for them to get in shape," said Mays, who has two children of her own.

Whether people are looking to trim, tone or increase flexibility, wa-

ter aerobics can help them reach their goals, according to Moore.

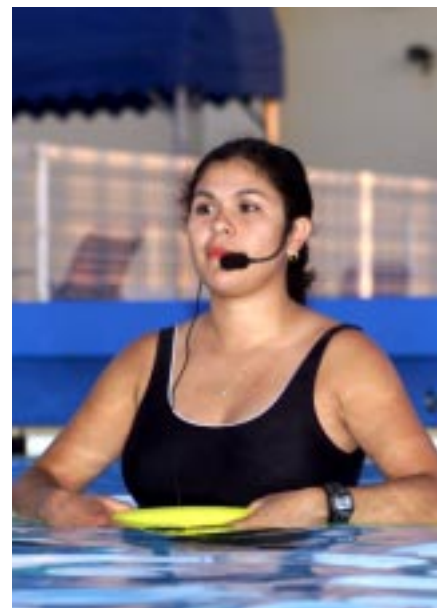
"One of the biggest misconceptions among males is they think water aerobics is for women or will not be beneficial to their workout," Moore said. "But in fact, aerobics will increase your flexibility and strength, lower body fat, and in some cases lower your run time."

"How much the person puts into the workout will determine how many calories will be used," Mays said. "But a one-hour class is estimated to burn 250-300 calories."

The water aerobics classes are free and are scheduled to end in September. Classes are limited to 25 people on a first-come-first-served basis.

"Water aerobics is a great way for people to build self confidence and lose the extra weight and stay cool," Mays said.

For more information about water aerobics, call John Moore at 645-3484.



Rodriguez gets a lot out of teaching the class. "I like teaching water aerobics so I can stay fit too," she said.

UPCOMING EVENTS

July 14 - 15: The 15 Annual Seaport Chatan Carnival at Sunset Beach.

July 14:
Gate ball 9 a.m.
Marine concert 12 p.m.
Tug of war competition 1:30 p.m.
Town resident's hour 1:30 p.m.
Marine concert 6 p.m.
Fireworks 9 p.m.

July 15:
Raft race 11 a.m.
Kid's boat race 1 p.m.
Kid's kick to the goal competition 3 p.m.
Town resident's hour 3 p.m.
Local comedy show 4 p.m.
Eisa-dance 6 p.m.
Fireworks 9 p.m.



AUTOMOBILES/MOTORCYCLES

1988 Toyota Crown Super Deluxe — JCI June 03, \$1,750 OBO. 623-6218.
1989 Toyota Crown — JCI Dec 01, \$600. **1990 Nissan Laurel** — JCI June 03, \$1,600 OBO. **1990 Honda CRX** — JCI June 03, \$1,600 OBO. 637-4097 or 090-9785-5108.
1990 Toyota Surf — JCI June 03, \$5,000 OBO. 63-5794.
1989 Kawasaki ZXR — JCI Jan 03, \$2,000. **1989 Nissan Skyline** — JCI Jan 03, \$2,000. Mark, 098-956-7216.
1991 Nissan Skyline — JCI July 02, \$2,200 OBO. **1989 Nissan Lite Ace** — JCI Nov 02, \$1,500 OBO. 622-5335.
1987 Mitsubishi Chariot — JCI Nov 01, \$800 OBO. 646-2987 or 090-1946-4385.
1987 Yamaha FZR 400 — JCI Oct 01, \$1,900 OBO. 646-4012.
1987 Nissan Largo Van — JCI Aug 02, \$1,900. 622-8791.
1989 Honda Integra — JCI May 02, \$1,200. 623-4656.
1994 Toyota Corolla — JCI Dec 01, \$1,600 OBO. 622-9952 or 965-5595.
1991 Toyota Levin — JCI Nov 01, \$1,500 OBO. 636-4438.
1991 Mitsubishi Mirage — JCI March 02, \$2,200 OBO. 646-5925.
1988 Toyota Town Ace — JCI July 03, \$1,400 OBO. 643-7093 or 646-6021.
1992 Honda Ascot — JCI June 03, \$1,800 OBO. 646-8888 or 645-4085.
1991 Suzuki GSXR 1100 — JCI April 03, \$4,300 OBO. 646-8976.
1991 Mazda Miata — JCI Feb 03, \$4,500. 623-7616.
1988 Suzuki Alto — JCI March 02, \$300. 622-5301.
1991 Nissan Silvia — JCI Aug 02, \$1,800 OBO. 637-2924.

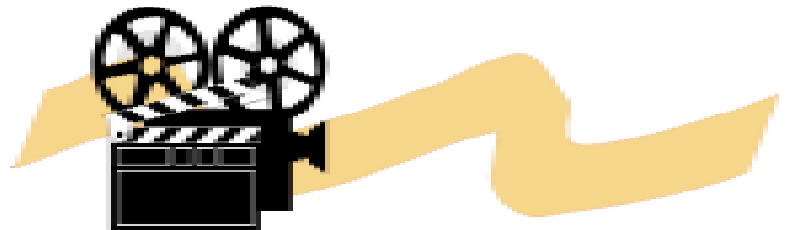


MISCELLANEOUS

Found — Men's 14-karat yellow gold wedding band at Okuma in the North Beach swimming area. Inscription inside. Call Chris at 637-4194 or 090-2714-8862.
Free Dog — Collie mix, male. Great with kids. 645-2070/3106.
Misc. — Ricoh MP 7000 CD-R/RW SCSI card. Includes all software and hardware, \$100; portable air conditioner, \$400. 646-5147.
Lost — Registration paperwork for 1985 Yamaha motorcycle in parking lot on Kadena in front of Class Six. Monetary reward offered. Louis, 636-2627 or 646-4511.
Sony Playstation 2 — In box, comes with game Smugglers Run, \$400 OBO. 637-4256 after 5 p.m.
Platinum Engagement Ring Set — 3/4-carat round-cut engagement ring diamond, 7 marquis diamonds set in matching wedding band, \$2,000 OBO. 623-4940 or 623-4874.
Chain link fence — With gate, approximately 110', \$400 you move, \$450 we move. 646-6193.
Misc. — Microwave, \$50; lawn picnic set with six chairs, table and umbrella, \$50; HRE fin set, \$25. 622-8321.
Dining Room Set — B & W 45" diameter round dining room table with four chairs, metal frame with leather seating, with two 29" matching barstools, \$150 for all. 646-6796.

Ads appearing in the Okinawa Marine do so as a free service to active duty military, their dependents and DoD employees. Ads are restricted to personal property or service of incidental exchange. Ads run on a space-available basis and must be resubmitted each week. The deadline for ads is noon, Fridays, space permitting. The Okinawa Marine reserves the right to edit ads to fit available space. Please include your name and the phone number you wish published. The Okinawa Marine makes every effort to ensure accuracy but assumes no responsibility for services offered in ads. Submit ads by faxing to 645-3803, Mon.-Fri., or send an e-mail to editor@mcbbutler.usmc.mil

Coming to a theater near you ...

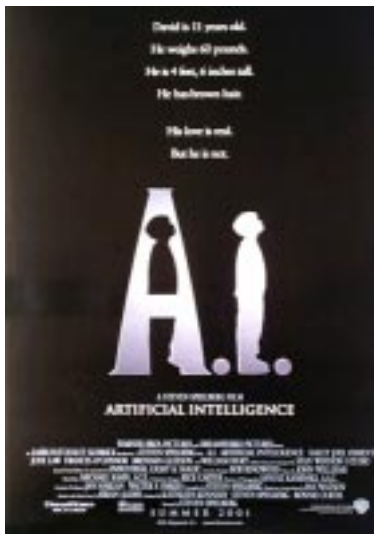


Feature programs and start times are subject to change without notice. **Call theaters in advance to confirm showtimes.** Second evening movies will vary when the program runs longer than 120 minutes.

Schwab (625-2333)
Fri Crocodile Dundee in Los Angeles (PG); 7:00
Sat One Night at McCool's (R); 6:00
Sat Along Came a Spider (R); 9:00
Sat Pearl Harbor (PG13); 12:00
Sun One Night at McCool's (R); 3:00
Sun Along Came a Spider (R); 6:00
Mon A.I.: Artificial Intelligence (PG13); 7:00
Tue A.I.: Artificial Intelligence (PG13); 7:00
Wed Closed
Thu Spy Kids (PG); 7:00
Hansen (623-4564)
Fri Tomb Raider (PG13); 6:00, 9:00
Sat Tomb Raider (PG13); 6:00, 9:00
Sat What's the Worst That Could Happen? (PG13); 11:00
Sun Town and Country (R); 2:00, 5:30
Mon Spy Kids (PG); 7:00

Tue Spy Kids (PG); 7:00
Wed Joe Dirt (PG13); 7:00
Thu Joe Dirt (PG13); 7:00
Courtney (622-9616)
Fri A.I.: Artificial Intelligence (PG13); 7:00
Sat Along Came a Spider (R); 7:00
Sun One Night at McCool's (R); 7:00
Mon Closed
Tue Closed
Wed The Emperor's New Groove (G); 1:00
Wed Crocodile Dundee in Los Angeles (PG); 7:00
Thu Closed
Keystone (634-1869)
Fri One Night at McCool's (R); 6:30
Fri Swordfish (R); 9:30
Sat Spy Kids (PG); 10:00, 1:00
Sat Swordfish (R); 4:00
Sat A.I.: Artificial Intelligence (PG13); 7:00, 10:00
Sun Spy Kids (PG); 2:00
Sun A.I.: Artificial Intelligence (PG13); 5:30, 8:30

Mon Spy Kids (PG); 7:00
Tue Town and Country (R); 7:00
Wed Town and Country (R); 7:00
Thu Toy Story 2 (G); 1:00
Thu Joe Dirt (PG13); 7:00
Butler (645-3465)
Fri 102 Dalmatians (G); 1:00
Fri Spy Kids (PG); 7:00
Fri The Fast and the Furious (PG13); 10:00
Sat Spy Kids (PG); 1:00, 4:00
Sat The Fast and the Furious (PG13) 7:00, 10:00
Sun Spy Kids (PG); 1:00
Sun Town and Country (R); 4:00, 7:00
Mon Muppets from Space (G); 1:00
Mon Spy Kids (PG); 7:00
Tue Town and Country (R); 7:00
Wed Inspector Gadget (PG); 1:00
Wed Joe Dirt (PG13); 7:00
Thu A.I.: Artificial Intelligence (PG13); 7:00
Futenma (636-3890)
Fri Blow (R); 7:30
Sat One Night at McCool's (R); 6:00
Sat Hannibal (R); 11:00
Sun Crocodile Dundee in Los Angeles (PG); 6:00
Mon Tomb Raider (PG13); 7:30
Tue Closed
Wed The Fast and the Furious (PG13); 7:30
Thu Closed
Kinser (637-2177)
Fri Along Came a Spider (R); 7:00
Sat Spy Kids (PG); 3:00
Sat Joe Dirt (PG13); 7:00, 11:30
Sun Town and Country (R); 7:00
Mon Closed
Tue Spy Kids (PG); 7:00
Wed A.I.: Artificial Intelligence (PG13); 7:00
Thu Dinosaur (PG); 1:00
Thu Joe Dirt (PG13); 7:00



Check Schwab, Courtney, Keystone, Butler and Kinser Theaters for show times.



Check Hansen, Keystone, Butler and Kinser Theaters for show times.